What is claimed is:

1. A valve for a bladder control device, comprising:

an elongate housing having a proximal end and a distal end, and a lumen extending therethrough;

a valve seat disposed within the housing;

a stopper disposed within the housing and moveable between a first position engaging the valve seat and a second position disposed distally of the valve seat; and

a tension spring connected to the stopper disposed to biases the stopper toward the valve seat, the spring being under greater tension loading when the stopper is in the second position than when the stopper is in the first position.

- 2. The valve in accordance with claim 1, wherein the spring includes a helical portion.
- 3. The valve in accordance with claim 1, wherein the spring is disposed distally of the stopper.
- 4. The valve in accordance with claim 3, wherein the spring includes an elongate shaft portion, having a proximal end and a distal end, the proximal end of the shaft portion being connected to the stopper, and the distal end of the shaft portion being connected to a helical portion.

- 5. The valve in accordance with claim 1, wherein the stopper includes a proximal portion having a first diameter.
- 6. The valve in accordance with claim 5, wherein the stopper includes a distal portion having a second diameter greater than the first diameter.
- 7. The valve in accordance with claim 6, wherein a first portion of the lumen disposed distally of the valve seat has a diameter approximately equal to the second diameter of the stopper and the stopper is slidably disposed therein for movement between the first and second positions.
- 8. The valve in accordance with claim 7, wherein a second portion of the lumen disposed distally of the first portion of the lumen has a diameter greater than the diameter of the first portion of the lumen.
- 9. The device in accordance with claim 8, wherein a third portion of the lumen disposed distally of the second portion of the lumen has a diameter less than the diameter of the second portion of the lumen.
- 10. The valve in accordance with claim 1, wherein the housing has an outer diameter of between 16F to 22F.

11. The valve in accordance with claim 10, wherein the outside diameter of the housing is approximately 18F.

12. A valve for a bladder control device, comprising:

an elongate housing having a proximal end, a distal end, and a lumen extending therethrough;

a valve seat disposed within the housing;

a stopper disposed within the housing and moveable between a first position engaging the valve seat and a second position disposed distally of the valve seat, the stopper includes a proximal portion having a first diameter and a distal portion having a second diameter greater than the first diameter;

a spring connected to the stopper to bias the stopper toward the valve seat; and wherein a first portion of the lumen is disposed distally of the valve seat and has a diameter approximately equal to the second diameter of the stopper, and the stopper is slidably disposed in the first portion of the lumen for movement between the first and second positions, and a second portion of the lumen, having a diameter greater than the diameter of the first portion of the lumen, is disposed distally of the first portion of the lumen.

13. The valve in accordance with claim 12, wherein the spring comprises a tension spring being under greater tension loading when the stopper is in the second position than when the stopper is in the first position.

- 14. The valve in accordance with claim 12, wherein the spring includes a helical portion.
- 15. The valve in accordance with claim 12, wherein the spring is disposed distally of the stopper.
- 16. The valve in accordance with claim 15, wherein the spring includes an elongate shaft portion including a proximal end and a distal end, the proximal end of the shaft portion is connected to the stopper and the distal end of the shaft portion is connected to the helical portion.
- 17. The valve in accordance with claim 12, wherein a third portion of the lumen, disposed distally of the second portion of the lumen, has a diameter greater than the diameter of the second portion of the lumen.
- 18. The valve in accordance with claim 12, wherein the housing has an outer diameter between about 16F to 22F.
- 19. The valve in accordance with claim 18, wherein the outside diameter of the housing is approximately 18F.